We Claim:

1. A method of restricting a body lumen, comprising:

implanting an adjustable element to coapt the body lumen by an increase in tissue volume, where the adjustable element expands or contracts due to fluid movement through a porous structure in the adjustable element; and

compensating for a reduction in tissue volume caused by subsidence of edema by the expansion of the adjustable element to maintain coaptation of the body lumen.

2. The method of claim 1, wherein the adjustable element has a continuous wall, including an inner surface and an outer surface, where the inner surface defines a chamber and at least a portion of the continuous wall has the porous structure that allows the movement of fluid between the outer surface and the inner surface, and wherein compensating includes encapsulating a hydrophilic material substantially in the chamber, where the hydrophilic material absorbs fluid to expand the adjustable element.

3. A method of restricting a body lumen by an adjustable element implanted adjacent to the body lumen, the method comprising:

expanding the adjustable element by allowing fluid to move into the adjustable element through a porous wall of the adjustable element, such that the expansion of the adjustable element is suitable for coapting the body lumen by increasing localized tissue volume.

4. The method of claim 3, further comprising compensating for a reduction in tissue volume caused by subsidence of edema by the expansion of the adjustable element to maintain coaptation of the body lumen.

5. The method of claim 4, further comprising contracting the adjustable element by allowing fluid to move out from the adjustable element through the porous wall of the adjustable element.

6. The method of claim 4, wherein expanding the adjustable element comprises expanding the adjustable element by absorbing the fluid moved into the adjustable element by a hydrophilic material encapsulated within the porous wall.

7. The method of claim 6, wherein expanding the adjustable element comprises expanding the adjustable element to a predetermined shape.

8. The method of claim 7, wherein expanding the adjustable element comprises expanding the adjustable element to a spherical shape.

9. The method of claim 7, wherein expanding the adjustable element comprises expanding the adjustable element to an elongate body having semi-spherical end portions.

10. A method for restricting a body lumen, the method comprising:

positioning a first adjustable element and a second adjustable element adjacent to opposite sides of a portion of the body lumen to coapt the body lumen, the first adjustable element and the second adjustable element each include a chamber having an adjustable volume;

establishing fluid communication with the first adjustable element and the second adjustable element; and

adjusting the volume of the first adjustable element and the second adjustable element to affect coaptation of the body lumen.

11. The method of claim 10, wherein establishing fluid communication with the first adjustable element and the second adjustable element comprises piercing the first adjustable element and the second adjustable element with hollow non-coring needles.

12. The method of claim 11, wherein adjusting the volume of the first adjustable element and the second adjustable element comprising injecting a fluid into the first adjustable element and

the second adjustable element through the hollow non-coring needles to expand the first adjustable element and the second adjustable element.

13. The method of claim 12, wherein adjusting the volume of the first adjustable element and the second adjustable element further comprising withdrawing fluid from at least one of the first adjustable element and the second adjustable element through at least one of the hollow non-coring needles to contract the at least one of the first adjustable element and the second adjustable element.

14. The method of claim 13, wherein the wherein positioning the first adjustable element and the second adjustable element comprises positioning the first adjustable element and the second adjustable element adjacent to opposite sides of a portion of a urethra to coapt substantially the same portion of the urethra.

15. The method of claim 13, wherein the wherein positioning the first adjustable element and the second adjustable element comprises positioning the first adjustable element and the second adjustable element adjacent to opposite sides of a portion of a ureter to coapt substantially the same portion of the ureter.

16. A method for restricting a body lumen, the method comprising:

positioning a first adjustable element and a second adjustable element adjacent to two substantially different portions of the body lumen to coapt the body lumen, the first adjustable element and the second adjustable element each include a chamber having an adjustable volume;

establishing fluid communication with the first adjustable element and the second adjustable element; and

adjusting the volume of the first adjustable element and the second adjustable element to affect coaptation of the body lumen.

17. The method of claim 16, wherein establishing fluid communication with the first

adjustable element and the second adjustable element comprises piercing the first adjustable element and the second adjustable element with hollow non-coring needles.

18. The method of claim 17, wherein adjusting the volume of the first adjustable element and the second adjustable element comprising injecting a fluid into the first adjustable element and the second adjustable element through the hollow non-coring needles to expand the first adjustable element and the second adjustable element.

19. The method of claim 18, wherein adjusting the volume of the first adjustable element and the second adjustable element further comprising withdrawing fluid from at least one of the first and second adjustable elements through at least one of the hollow non-coring needles to contract the at least one of the first adjustable element and the second adjustable element.

20. The method of claim 19, wherein positioning the first adjustable element and the second adjustable element comprises positioning the first adjustable element and the second adjustable element adjacent to two substantially different portions of a urethra to coapt the two substantially different portions of the urethra.

21. The method of claim 19, wherein positioning the first adjustable element and the second adjustable element comprises positioning the first adjustable element and the second adjustable element adjacent to two substantially different portions of a ureter to coapt the two substantially different portions of the ureter.